



Cheese Crepe Souffle

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 26 ounce cheese-filled blintzes frozen
- 6 egg whites
- 6 egg yolks
- 0.5 teaspoon salt
- 2 cups cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

Equipment

- bowl
- oven
- whisk
- baking pan
- spatula

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the butter in 9x13 inch baking dish, and put into the oven until melted, about 3 minutes.
- Place the blintzes into the baking dish in a single layer on top of the melted butter.
- Whip the egg whites in a bowl until they form soft peaks, about 5 minutes, and set aside.
- Whisk together the egg yolks, sour cream, sugar, vanilla extract, and salt in a large bowl until smooth. Use a rubber spatula or wire whisk to fold 1/3 of the whipped egg whites into the sour cream mixture. Gently run the spatula through the center of the bowl, then around the sides of the bowl, repeating until fully incorporated.
- Add the remaining whipped egg whites, folding just until incorporated.
- Pour the mixture over the blintzes in the baking dish.
- Bake in the preheated oven until the eggs are set and puffy and the top is golden brown, about 45 minutes.

Nutrition Facts

 PROTEIN 16.12%  FAT 75.75%  CARBS 8.13%

Properties

Glycemic Index:12.26, Glycemic Load:4.29, Inflammation Score:-6, Nutrition Score:11.246956437826%

Nutrients (% of daily need)

Calories: 453.45kcal (22.67%), Fat: 38.42g (59.11%), Saturated Fat: 21.39g (133.66%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 9.29g (3.38%), Sugar: 7.26g (8.07%), Cholesterol: 201.58mg (67.19%), Sodium: 600.61mg

(26.11%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 18.39g (36.79%), Calcium: 488.07mg (48.81%), Selenium: 26.97µg (38.53%), Phosphorus: 350.1mg (35.01%), Vitamin B2: 0.45mg (26.66%), Vitamin A: 1220.43IU (24.41%), Zinc: 2.6mg (17.35%), Vitamin B12: 0.94µg (15.61%), Folate: 29.22µg (7.31%), Vitamin E: 1.06mg (7.05%), Vitamin B5: 0.69mg (6.91%), Vitamin D: 0.85µg (5.7%), Magnesium: 22.75mg (5.69%), Vitamin B6: 0.09mg (4.54%), Potassium: 132.37mg (3.78%), Vitamin B1: 0.04mg (2.83%), Vitamin K: 2.77µg (2.64%), Iron: 0.39mg (2.16%), Copper: 0.04mg (1.91%)